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Heat adds to fasting for Ramadan

STEVE COLLINS
for Metro Ottawa

RELIGION Hot summer weather is adding a few new wrinkles to Ramadan celebrations in Ottawa this year, according to Ottawa Muslim Association spokesperson Maha Hammoud.

Ramadan, which began Friday, is the holiest month of the Islamic calendar, commemorating the revelation of the Qur'an, the Muslim holy book, to the Prophet Muhammad.

In the weeks leading up to Ramadan, lectures at Ottawa mosques offer insight into the meaning of Ramadan, question and answer sessions, and practical advice on observances. Among the advice this year were tips on staying hydrated in the August heat while still abstaining from food and drink during the day.

Permissible solutions include taking cold showers and gargling with water, Hammoud said.

She also pointed out that Ramadan is more than just fasting: "You're refraining from food but you're also refraining from backbiting, idle talk, and things that would take your focus away from the worship of God. It's all about self-restraint."

Ramadan ends with the celebration of Eid ul-Fitr, when friends and family gather for large meals and sometimes exchange gifts.

Canada pg 4

Fugitive murder suspect found dead in B.C.

Workology pg 11

Chasing storms as a way of life

Sports pg 10

Dementieva claims Rogers Cup

RYAN TAPLIN/METRO CANADA

Two women shield themselves from the driving rain after checking out the waves at Conrad Beach in Lawrencetown, N.S., yesterday. Hurricane Bill brought rain and wind to Nova Scotia but left without causing any significant damage.

Hurricane Bill 'disappointing'

Nova Scotia spared the full wrath of big storm

KRISTEN LIPSCOMBE
Metro Canada

Bill blew through Nova Scotia yesterday, but was more of a bust than a blast, slowing to a Category 1 hurricane by the time he brushed by the province.

Between 50 and 60 millimetres of rain fell over Halifax, with winds of up to 87 kilometres per hour also whistling through this part of the province, according to the program supervisor for the Canadian Hurricane Centre.

"Half of the rain with the storm evaporated, which was a Godsend," Peter Bowyer said late yesterday.

Late last week, Bowyer's team was predicting hurricane Bill had the potential to become a "strong Category 2; marginal Category 3" storm, bringing to Nova Scotia gusts of at least 120 kilometres per hour, along with more than 100 millimetres of rain within 12 hours.

But Bowyer said Bill was still a "solid Category 1" hurricane yesterday, prompting tropical storm warnings for the province's Atlantic coast and at one point a hurricane watch for Cape Breton.

He said the rainfall that rocked Nova Scotia yesterday, combined with whipping winds and dangerous waves, created "quite a fury out there."

But Patrick Aucoin, who walked along the Halifax waterfront during the storm, called hurricane Bill "disappointing."

"We were prepared for a lot worse," Aucoin said. "It didn't feel like a hurricane at all."

Waves, however, reached heights of more than 10 metres on some parts of the coast, Bowyer said, adding the largest recorded waves offshore were close to 26 metres high. "Anyone who was crazy enough to be out there saw a spectacular show and I hope they didn't get hurt by them."

Barry Manuel, co-ordinator for the municipality's Emergency Management Organization, said besides power outages throughout Halifax and debris blocking the road leading to Peggy's Cove there "has been very little physical damage."

WITH FILES FROM PAUL MCLEOD

Bill nothing compared to Juan

• Bill definitely ain't no one, er, no Juan. Peter Bowyer, program supervisor for the Canadian Hurricane Centre in Dartmouth said there's "no comparison at all" between hurricane Juan, which hit Halifax and the rest of the province hard in late September 2003, and yesterday's hurricane Bill, which wasn't expected to make landfall in Nova Scotia at all. "Juan was a Category 2 hurricane hitting a population centre," he said yesterday.

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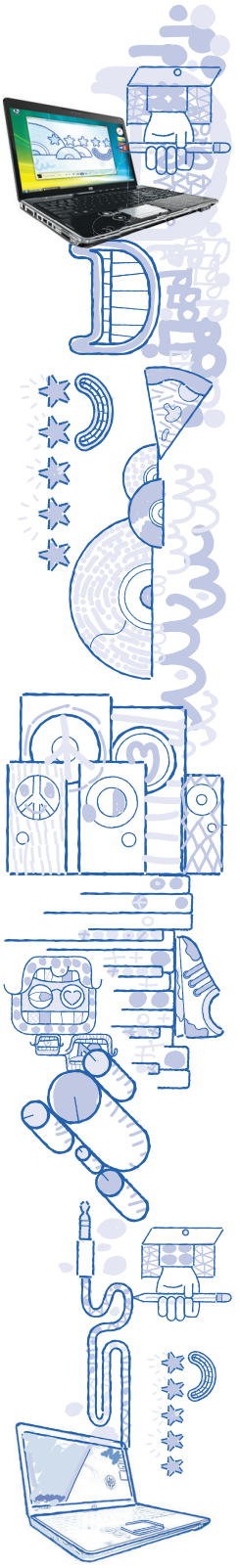
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Registration up 7% at Carleton
Carleton University is crediting initiatives like Carleton Complete, generous scholarship programs and an aggressive recruitment campaign both locally and globally for a seven per cent jump in registration for the upcoming school year. METRO OTTAWA

Local

Mayor guest hosting on Daytime Ottawa

Can Ottawa Mayor Larry O'Brien compete with Regis or Ellen? O'Brien will be guest hosting Daytime Ottawa today with TL Rader, while regular host Derick Fage is on vacation. Tune in to Rogers TV Cable 22 at 11 a.m. to watch the mayor get a dance lesson, share his skills in the kitchen and answer questions from Daytime Ottawa viewers. Daytime Ottawa airs Monday through Friday at 11 a.m. with repeat broadcasts at 3 p.m., 5 p.m., and 11 p.m. METRO OTTAWA

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

PLAY BALL? Professional baseball has struck out twice in the last three years in Ottawa, and today a local businessman will step up to the plate with a new plan. David Butler, CEO of Bytown Trolley Company, is expected to officially personally deliver his pitch and an "Offer to Lease" proposal for the Ottawa baseball stadium to the office of city manager Kent Kirkpatrick at around 2 p.m. this afternoon. Butler said he was hoping to have an agreement in place before the end of October in order to have enough time to have a team ready to compete in the Can-Am league for the 2010 season. METRO OTTAWA

metronews.ca
What's online today.

Video Hundreds of Nova Scotians ignore police warnings in order to witness swells brought on by hurricane Bill at **metronews.ca/canada**

Immigration Guidy Mamann on how refusal for permanent residence can have unexpected consequences at **metronews.ca/immigration**

Lotteries

Friday, Aug. 21
Super 7: 05, 18, 22, 28, 32, 34 & 40 Bonus 42
Saturday, Aug. 22
Lotto 6/49: 15, 19, 23, 38, 43 & 49 Bonus 33
Sunday, Aug. 23
Ontario Pick 3: 6 7 6; **Ontario Pick 4:** 7 9 4 5
Encore: 3377440
Daily Keno: 3, 4, 5, 6, 11, 13, 19, 20, 26, 29, 34, 42, 45, 48, 51, 54, 55, 61, 67, 68.
These results are not official.

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Change hard for SuperEX fans

Many fair attendees not keen on Lansdowne Live proposal

STEVE COLLINS
for Metro Ottawa

As Ottawa city council awaits a Sept. 2 staff report on the Lansdowne Live proposal, attendees of SuperEX seem to have little appetite for changes at Lansdowne Park.

Lansdowne Live, which envisions a new stadium, shopping, dining and open air venues, does not include space for the EX.

Perhaps old habits die hard after 121 years of the annual fair, but any proposal to redevelop the grounds, or relocate the EX to its proposed new home on Albion Road, across from the Rideau Carleton Raceway, had few fans yesterday.

"There's been some talk about moving it, but I'd like to see it stay right here," said George Kozariz.

Valerie Tully and her friend Samantha Moran agreed.

"They should leave (SuperEX) right where it is," said Tully.

"I don't think they should change anything," added Moran.

For Dominic Caruso, redevelopment of the Lansdowne site is fine — as long as they leave the Aberdeen Pavilion alone. The distinctive "Cattle Castle," nicknamed for its long years as home of the EX's agricultural exhibits, was built for the 10th annual Central Canada Exhibition in 1898.

"They can renovate the stadium," Caruso said, "But they should keep some of the heritage."

Headliners strike intimate note at workshop

Only at a folk festival would you see the biggest acts of a weekend playing together on a side stage for an afternoon concert on the last day.

The Ottawa Folk Festival wrapped up last night with a concert from Nova Scotia folk/pop singer Joel Plaskett.

But before he took to the main stage, Plaskett played at an afternoon workshop with former Barenaked Ladies lead singer Steven Page, Canadian folk legend Bruce Cockburn and Ottawa singer songwriter Ana Miura on the Hill Stage to a crowd of around 1,000 people.

Page was the headlining act for the festival's opening night and Cockburn headlined on Saturday. Both drew audiences of around 7,000 people, according to Folk fest spokesman Denis Labossiere. Plaskett was expected to attract the same,

But early festivalgoers were able to catch Plaskett, Cockburn and Page in a much more intimate setting.

"It's a different rhythm," said Plaskett. "When you're playing on your own, you step into rhythm differently. You don't get the same momentum that you do on your own, but you have a different experience."

Cockburn said the great thing about the workshops is the mix of ideas, sensibilities and talent that is kind of "abnormal."

He knew Page from his time with the Barenaked Ladies, but he didn't know Miura's or Plaskett's music, which made the workshop more interesting as an artist and more entertaining for the audience.

The proximity of the audience, who were sitting on grass only a couple feet away created a sense of intimacy that Cockburn said sets the workshops apart from other performance.

"You lose that entirely if it's on the main stage," he said. "It wouldn't be as much fun for everybody as this."

The intimacy of a small venue is a defining characteristic of folk festivals said artistic director Chris White, who had to fight to keep the workshop off the main stage.

"This is a 50-year-old tradition of being inclusive. It's not just about shows. It's about getting everyone involved," he said. r

TIM WIECLAWSKI/METRO OTTAWA

TIM WIECLAWSKI/METRO OTTAWA

Ottawa singer Ana Miura performs while, front to back, Nova Scotia folk/pop/rocker Joel Plaskett, former Barenaked Ladies lead singer Steven Page and Canadian folk legend Bruce Cockburn watch during the Songs from the Road workshop yesterday afternoon at the Ottawa Folk Festival in Britannia Park.

Pride focuses on outdoor fun, fitness

PrideWeek Ottawa

QUALITY OF LIFE Yesterday's Capital Pride activities put the emphasis on physical fitness and outdoor activities, with a fun run, yoga and golf.

"It's important to promote an active lifestyle," said Pride chair Alan Chaffe. "It improves our quality of life and increases our lifespan."

New to the festival this year was the Diversity Fun Run. About 25 participants gathered at the Human Rights Monument outside the Elgin Street courthouse to run or walk either a five-kilometre or a 10-km course. Toronto and Montreal Pride events include full-fledged races, Chaffe said, and there are plans to introduce such an event to Capital Pride in the future.

After the run, participants cooled off with an outdoor yoga demonstration presented by GoodLife Fitness. Later in the day, Pride celebrants took to the fairways for "Out on the Green," a round of golf at the Edelweiss Golf Club in Wakefield.

Capital Pride continues until next Sunday.

STEVE COLLINS/FOR METRO OTTAWA

STEVE COLLINS/FOR METRO OTTAWA

GoodLife fitness instructor Nigel Walker, left, leads Capital Pride participants through a yoga demonstration.

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State of emergency lifted in Tornado-hit region

The state of emergency has been lifted in a Toronto suburb that was hit hard by a series of tornadoes on Thursday that damaged about 600 homes, CBC News Online reports. METRO NEWS SERVICES

Canada/World

Murder suspect found dead in B.C. motel

Police believe wealthy Calgarian committed suicide

KRISTEN THOMPSON
Metro Canada

Ryan Jenkins, a Canadian man wanted for the murder and dismemberment of his model ex-wife in Los Angeles, has been found dead in a motel room in Hope, B.C.

Police say staff found Jenkins yesterday afternoon, and that it appears he committed suicide. According to the California district attorney's office he was found hanging in a room at the Thunderbird Motel.

"We'll carry on with the investigation into the circumstances of his death and how he came to be in that motel room," RCMP Sgt. Duncan Pound said at a press conference in Surrey last night. "We're still liaising with the U.S. authorities. We made them aware of the circumstances and notification of kin has been completed."

Pound said it's too early to say how long Jenkins had been at the hotel.

Fame

- Jenkins became a minor celebrity as a contestant on the VH1 reality show Megan Wants A Millionaire.

Jenkins

"Our main focus has always been to ensure public safety and we thought it was important to tell the Canadian public that he's been confirmed deceased."

Police had held a press conference in Surrey earlier in the afternoon to confirm that Jenkins, 32, a wealthy Calgary native, crossed the border sometime after the remains of Jasmine Fiore were found in a dumpster.

Vote latest move in years-long dump fight

ONTARIO George Lawrence is proof positive that good things sometimes come to those who wait.

For more than 15 years, he has battled a proposed garbage dump in Tiny Township, just northwest of Barrie, home to some of the best and most productive farmland in Ontario's food belt.

A recent surge in local councillors' support has come right in time for this week's county council vote on the matter.

He didn't do it alone, of course. Lawrence, now in his first term as deputy mayor of the rural township, was part of a close-knit group of farmers, environmentalists and residents who opposed the Site 41 facility in their quietly polite, rural way.

They could learn tomorrow if they have won a one-year moratorium on the project that they say will pollute the Alliston Aquifer. Scientists say it contains some of the world's purest drinking water.

As the small, hardy group spread its message, Simcoe County council pushed the 20.7-hectare facility, scheduled to open this fall, through the required environmental process.

TORSTAR NEWS SERVICE

Thousands flee Greek wildfires

A huge wildfire fanned by strong winds cut a swath of destruction near Athens yesterday, burning houses, razing large patches of forest and sending thousands fleeing their homes, authorities said.

Efforts to fight the blaze from the air were suspended as night fell and the fire raged unchecked for a third day, testing state resources and the conservative government, which is facing the threat of an early election by March.

"The constant shift in the wind's direction is rekindling the flames," said fire brigade spokesman Giannis Kapakis.

Authorities said the fire had retreated from Athens suburbs and was burning mainly forest land, but winds remained strong and the danger of a flare-up was constant.

Earlier yesterday, local authorities used loudspeakers to urge the 20,000 residents of affluent Athens suburb Aghios Stefanos to leave as the flames approached.

Many people abandoned communities around Athens overnight and some frantically tried to stop the flames reaching houses with garden hoses and tree branches.

"We are facing a great ordeal," said Prime Minister Costas Karamanlis, who took a helicopter tour of the afflicted area. "The fire department is making a superhuman effort."

The handling of the fire, the biggest since Greece's worst wildfires in living memory killed 65 people over 10 days in 2007, will be crucial for his political fate.

His government is clinging to a one-seat majority and the socialist opposition, ahead in opinion polls, has made clear it will use a March parliamentary vote, when a new president will be chosen, to force a snap election.

12,140

Hectares of forest, farm fields and olive groves burned in the eastern Attica region alone.

"Nobody has learned anything from the big fires of 2007," far-right LAOS party leader George Karatzaferis told reporters. "It is a huge disaster and co-ordination was not the best."

The Greek weather service warned that winds hindering fire fighting efforts were not expected to abate before tonight. Police and witnesses said scores of homes were heavily damaged.

The fire broke out late on Friday in the village of Grammatiko and quickly spread to neighbouring villages. A children's hospital and a home for the elderly were evacuated. REUTERS

India **Ramadan begins**

PARTHA SARKAR/REUTERS

Muslims break their fast on the first day of Ramadan at the Jama Masjid (Grand Mosque) in Delhi yesterday. Muslims around the world abstain from eating, drinking and sexual relations from sunrise to sunset during Ramadan, the holiest month in the Islamic calendar.

Venezuelans march over law

SCHOOLS Thousands of Venezuelans joined rival marches in Caracas Saturday over a controversial education law that critics say strengthens President Hugo Chavez's grip over schools and universities.

Police fired tear gas when government opponents knocked over a fence marking the end of the authorized route.

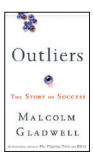
A few thousand, many dressed in white, streamed down one of Caracas's main avenues to protest the law while red-clad government supporters danced to salsa music in the city centre in support of a law they say will boost access to schooling. A previous attempt to overhaul education was one of the factors that provoked giant protests in 2002, eventually culminating in a failed coup attempt against Chavez. The new law, passed last week, allows community councils that are often pro-government a larger role in the operations of schools and universities. REUTERS

Business

The makings of success

Outliers

Authors: Malcolm Gladwell
Publisher: Little Brown and Co.
Price: $30.99



REVIEW Malcolm Gladwell, bestselling author of The Tipping Point and Blink, has returned with yet another page turner filled with captivating social phenomena.

Discussing the outlying sample, a scientific term for describing "things or phenomena that lie outside normal experience," Gladwell examines the likes of Bill Clinton and the Beatles to understand how they have attained so much success.

One issue is how we look at success. Examining a tall tree and trying to know how it grew to such heights yields little information.

Gladwell suggests shifting this approach to looking at the surrounding forest for the success factors. This suggests that those who surround the successful person are playing a major part in the person's ultimate achievements.

CRAIG LUND/FOR METRO CANADA

Business in brief

BANKS When Canadian banks trot out yet another set of healthy profits this week, it might be tempting to think of the industry as immune to the ravages of recession. But just below the surface, the banks are likely to start showing some wear and tear, even as they cling to their well-earned reputation as the strongest survivors of the global financial meltdown, analysts say.

HOUSING A string of housing reports from the U.S. suggests the market there may be close to a bottom. Existing home sales rose for the fourth straight month in July, rising by a solid 7.2 per cent from June and shattering expectations of a 2.1 per cent bump, according to the National Association of Realtors. METRO NEWS SERVICES

News in brief

AFGHANISTAN Afghan President Hamid Karzai's main challenger said yesterday he had evidence that last week's election had been widely rigged by the incumbent and that he had lodged more than 100 complaints. Former foreign minister Abdullah Abdullah, whom polls gave a fighting chance of pushing the election to a second round in October, said he had evidence of widespread rigging. REUTERS

AN OPEN LETTER FROM MICHAEL H. McCAIN,
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Comment

Finding that classy first-day outfit

HineSight

Aug. 24. Across the land begins an annual event of monumental proportion, stretching back almost to the dawn of time. Schoolgirls are choosing their outfit for the first day of class.

Frankly, it's ridiculous that some girls spend their last weeks of summer deciding on one outfit. They should have started earlier. Any girl from Grade 1 to college knows: What you wear the first day of school will determine who you are and how people view you for the entire year to come. Maybe it's the same for boys. But in my experience, a boy's idea of a perfect outfit is "whatever I can find on my bedroom floor that doesn't yet smell."

Growing up, I always struggled with what to wear that first day. I blame this on Barbie. Forget the unobtainable body image Barbie presents. I wanted her unobtainable wardrobe.

Dressing Barbie convinced me that the perfect outfit for any occasion was a designer tennis dress, red high heels and a French poodle. My parents insisted that real life wasn't like this but I didn't buy it. I knew my future would be spent sashaying to the grocery store or my job as an astronaut wearing a sparkly pink ball gown.

SunnySide

My parents would never let me have a Ken doll. I suspect they worried that I might allow Barbie and Ken to engage in acts of unspeakable intimacy. Instead, I was allowed as many Barbies as I wanted. Given that I turned out gay, I've often wondered if they ever regretted this particular parenting choice.

Bottom line though, Barbie's manufacturers should be held responsible for instilling unrealistic fashion expectations in impressionable young girls. They should be forced to make half of Barbie's skirts so she can't get into them any more, shoes with last year's heels, and sweaters she borrowed from her brother.

In a few weeks I'll start school again, continuing to train as a United Church minister. Once again, I'll have to come up with a first-day outfit, though, frankly, when you're both a university student and clergy, no one sets the fashion bar very high.

But for all you other schoolgirls out there, let the mall plundering begin. On with the day-long conferences with friends, the online checking to see what Lindsay and Miley are wearing. And may that first-day outfit be all you ever dreamed of.

Me? I'll be satisfied when I've shopped for groceries in a pink ball gown.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

Envious over Vancouver's light rail system

InTransit

Hey, Vancouver, you're looking good. And it's killing me.

The Canada Line, a new $2-billion rail link between downtown Vancouver, Richmond and the airport, went into service last Monday, and as locals lined up for their introductory free rides, I came down with a virulent case of transit envy.

No other city in Canada has a light rail connection to the airport. Vancouverites can now zip down there in 25 minutes for $3.75.

My gnawing jealousy of Vancouver is somewhat mollified by our access to good, affordable bus service to the airport, an amenity many cities don't enjoy, but it just doesn't have the same Jetsons-style sex appeal as light rail.

More shockingly, the Canada Line was built in just four years — and completed three months ahead of schedule! The desire to spiff up for the 2010 Olympics certainly helped move things along.

Meanwhile, our own light rail plan is being, uh, planned.

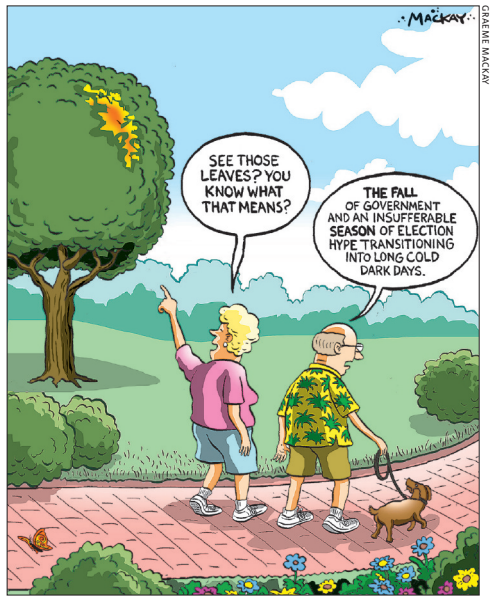
After the cancellation of our original $1-billion LRT project, we're now looking at a new $4-billion model, but the federal and provincial governments tend to avoid eye contact when asked about funding. Even if the money is forthcoming, by current estimations, the first passenger won't be boarding until 2016. The whole LRT system isn't expected to be complete until the sci-fi year of 2031.

And I wouldn't mark my calendar quite yet. These dates presume a level of cooperation and purpose unfamiliar to regular watchers of our municipal government.

The Canada Line wasn't without its troubles. Businesses along the route struggled mightily to stay afloat during the construction, and a maternity shop owner successfully sued the city for $600,000 in damages for lost business. Of course, we got slapped with a $200-million breach of contract suit from Siemens for doing nothing when we cancelled the old LRT plan, and still no trains. Advantage: Vancouver.

Advantage friggin' Vancouver.

Steve Collins lives, writes and walks in Ottawa; ottawaletters@metronews.ca



GRAEME MACKAY

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Keeping your cool this summer

Keep your home cool this summer by using window coverings and a couple of fans instead of air conditioning, says the Conservation Council of Ontario. Open windows and run fans at night when it's cooler outside. Shut and curtain most windows during the day. METRO NEWS SERVICES

Going Green

$50 voucher for microwaves

Panasonic will be testing a free microwave recycling program in Toronto over the long weekend that, if successful, may become a bigger cross-Canada initiative. Owners can drop off any brand of old microwave at 23 Future Shops and get a coupon for up to $50 to buy a more energy efficient model. METRO NEWS SERVICE

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Preserve green spaces for people

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

Last weekend we took a walk in a park run by the local conservation authority. It was a beautiful summer day and we saw trees and wildflowers and birds of all descriptions and people; many, many people.

We had always thought that the conservation authority set aside land for parks, for the land's sake. For the sake of letting trees and wildflowers grow which then provide habitat for birds and other animals (depending on the size of the park). However it was brought home to us last weekend that the primary beneficiaries of the park are the people.

There was a huge diversity of age and ethnic backgrounds among the park's patrons. On the paths there were families like ourselves, some pushing strollers, some on bikes ranging from racing bikes to tricycles. There were buff bodies whizzing by on roller blades, people walking dogs from huge hairy hounds to little lap dogs travelling in purses and (yes) in doggie strollers. There were older people walking briskly, strolling along or being pushed in wheelchairs.

The picnic areas were also full of life. There were people taking a break from their bike rides to enjoy a bottle of water and there were huge multigenerational families with cloth table cloths spread on the picnic tables, who had set up hammocks and canopies and tents where some folks lounged while others prepared huge meals on charcoal barbecues while kids wove in and out chasing balls and dogs and each other. The food prepared ranged from sandwiches, to hamburgers and hotdogs, to exotic smelling kebabs and other delicacies depending on the tastes of the picnickers.

Sometimes the preservation of the environment seems like an abstract idea. Saving habitat we have never seen to protect animals we have never seen; curtailing chemicals that we can't see. However, the observation of the activities in the park show that preserving green spaces directly benefits us all.

In Canada we are lucky enough to have unspoiled green spaces that are open to all and we as a society love them and take full advantage of them. While, some people, depending on their income level and where they live, can enjoy a day outside in their own yards, others do not have that luxury. This is where parks come in. Preserving these parks is crucial to the health and wellbeing of those who depend on them for their days outdoors.

Picnicking under a tree on a beautiful summer day should be a right of all humans.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

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Filling dishwasher, air-drying dishes can conserve energy
Pitch-In Canada suggests always washing a full load of dishes in the dishwasher and, if your dishwasher has it, allowing the dishes to air-dry on the "energy-saver" setting, according to Future Friendly (futurefriendlybrands.ca). METRO NEWS SERVICES

Public power? No, thanks

With net-zero construction, energy savings can really add up

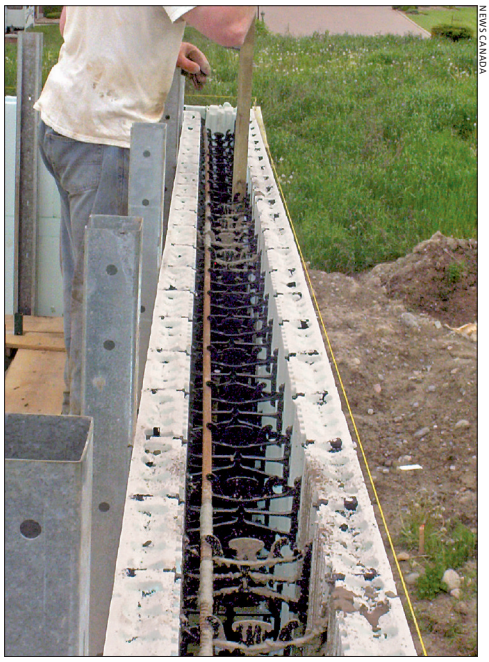
Home construction is turning "green" at such a rapid pace, it is expected that very soon, you will be able to build a house to be so energy efficient there will be no need to tap the public supply. In mathematical terms: the energy a home is able to generate, subtract the energy required by the occupants, would be zero.

"Three main elements must co-exist for it to work cost-efficiently," says Todd Blyth at Nudura, a manufacturer of advanced concrete wall forms.

"Those components are: the ability to generate a constant energy supply; a building envelope with maximum strength and insulation; and an inside operation with reduced energy usage.

"If, at the outset, energy-impact decisions are made carefully regarding the walls, windows, roofing, ventilation and indoor climate control, you are well on your way to completely offsetting energy consumption. Once the building is erected, it's a matter of smaller incremental decisions that add into the energy savings."

This vision is already a reality. In 2010, the first "net-zero" school building will open in the United States, where it will not only showcase an important Canadian design element, this building will also push the efficiency benchmarks beyond all expectations.


NEWS CANADA

The Nudura wall construction system, shown above, is one product that can be used to create an energy-efficient building.

- A roof designed with solar panels and electricity grid.
- Geothermal heating and cooling for environmentally responsible efficiency.
- Walls of concrete. The Nudura system is comprised of stay-in-place, pre-assembled blocks, steel reinforced, and then filled with concrete. It replaces traditional building methods. The durability and energy efficiency of concrete has shown to reduce energy costs up to 70 per cent. Better still, the entire structure (nudura.com) is reported to be up to nine times stronger, with far more fire protection and with far more sound insulation.
- Ventilation includes a CO2 monitoring system to keep good air quality indoors and allow no more outdoor air than necessary.
- Positioning is north-south allowing for effective day lighting (without glare) so that all artificial lighting can be off during 70 per cent of school hours.
- Computers are wireless. Five carts, each loaded with 30 laptops save energy, wiring and construction of a computer lab. Laptops use a fraction of the energy used to run a typical desktop computer.
- Kitchen staff is trained in energy-efficient food preparation. Typically, kitchens account for 25 per cent of a school's energy drain. NEWS CANADA

Caterer's green tips for summer entertaining

ENTERTAINING Canadians are trying to simultaneously beat the recession and global warming in their own way — even from the comfort of their backyard barbecue bashes.

Edith Jakobs, the owner of Toronto-based Opulence Catering, has noticed a shift in her clients' preferences this summer. Serving much of Ontario's Cottage Country, where evening brunches and outdoor soirees abound, Jakobs has seen her clients make a concerted move toward what's best for the environment.

"As the summer months heat up, my office is flooded with phone calls to cater and style outdoor parties," said Jakobs.

"However, this summer my clients are much more concerned about making their events environmentally friendly without hurting their pocketbook."

Jakobs says simplicity is her number one principle for eco-entertaining, and adds there are many ways to throw an environmentally conscious party with ease. NEWS CANADA

Eco-entertaining

- Visit a farmers market for fruits and vegetables. Locally grown produce has a lower carbon footprint because it hasn't travelled over a great distance, which also means it's the freshest. Try making white wine sangria and throw in some seasonal, local fruit.
- By choosing wine from a local vineyard, you are lowering shipping emissions. Also, consider purchasing your wine in a Tetra Pak carton, which can be recycled.
- Decorate with wildflowers that are grown locally and in season.
- Use your own dishes and wash them with biodegradable soap.

Redwoods hint at potential global market for carbon traps

FOREST A stand of young redwoods in California's Garcia River Forest, survivors in what was once a magnificent forest of towering giants, could play a small part of the battle to slow global warming — and forms part of an emerging market.

The trees, which trap quantities of the carbon dioxide that is warming the planet, are sold as living carbon traps or "sinks" rather than cut for timber, a model that could go global. But the prospect of a worldwide market could also attract hustlers eager to make a quick buck without helping the planet.

"It's easy to game it. We just have to figure out how to do it right."
Chris Kelly, on the forest carbon market

"It's easy to game it," said forest owner Chris Kelly of the developing forest carbon market. "We just have to figure out how to do it right."

Deforestation accounts for a fifth of greenhouse gas emissions that are heating up the Earth so slowing its pace is a relatively cheap way to limit global warming. But devising a fair way to reward those who own and control forests for their true contribution to the atmosphere has proved difficult.

The Garcia forest looks wild and healthy — but it's a shadow of what it once was. Ninety per cent of the wood it once held is already gone. If managed like most commercial forests, it would likely stay at its current size. However, the non-profit owners have sharply reduced timber harvesting and are making some of their profits by selling carbon credits, so the forest may recover, at least partially. REUTERS

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Nationals claim MLL championship

Shawn Williams scored twice in the fourth quarter as the Toronto Nationals won their first ever Major League Lacrosse championship 10-9 yesterday against the Denver Outlaws. METRO NEWS SERVICES

Sports

Rare feat

Second baseman Eric Bruntlett, left, turned an unassisted triple play to end the Philadelphia Phillies' 9-7 victory over the New York Mets yesterday. It was the 15th unassisted triple play in major league history and the second that ended a game. Detroit Tigers first baseman Johnny Neun also accomplished the feat on May 31, 1927, completing a 1-0 victory over Cleveland, according to Stats LLC. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Dementieva wins Rogers Cup final

Sharapova's bid for comeback falls short

Russian fourth seed Elena Dementieva picked up her third title of the year and denied compatriot Maria Sharapova a comeback win with a 6-4, 6-3 victory in the final of the Rogers Cup in Toronto yesterday.

Dementieva's victory was just the third in nine meetings against Sharapova, who was playing for a title for the first time since Amelia Island in April 2008 as she continued her return from shoulder surgery.

It is the 14th career title for Dementieva and comes with a good omen, the three past winners of the Toronto tournament have gone on to capture the U.S. Open.

"I felt like Lleyton Hewitt today, I was fighting for every point, so many long rallies, it's not the game I like to play," Dementieva told reporters. "I was just waiting for my chances and didn't rush.

"This kind of win gives you a lot of confidence, so right now it is all about recovery and getting ready for New York."

Working her way back to top form after nine months on the sidelines, Sharapova has made steady progress since she launched her comeback in May.

But the three-time grand slam winner showed in an uneven final that her game still needs sharpening as she served up nine double faults to Dementieva in the opening set.

Despite her service woes, Sharapova heads to Flushing Meadows on an upbeat note. She is guaranteed to be seeded at the U.S. Open, moving up from her current 49th ranking into the top 32 by reaching the Toronto final. REUTERS

Elena Dementieva

Sports in brief

TENNIS World No. 1 Roger Federer warmed up for the defence of his U.S. Open title in perfect fashion as he beat fourth seed Novak Djokovic 6-1 7-5 to win the Cincinnati Masters yesterday.

SOCCER Tottenham Hotspur came from behind to win 2-1 at West Ham United and stay top of England's Premier League yesterday. REUTERS

Uncertainty surrounds future of Canadian coach

It's Called Football

Ben Rycroft

metronews.ca/itscalledfootball

Think back to the Nagano Olympics — the one where Canada bombed out of the men's hockey competition.

Days after the fact reports were being commissioned to figure out what had happened to Canadian hockey.

Not a moment was wasted trying to figure out what went wrong.

"Once Canada was eliminated from qualifying, there was no swift action, no reports commissioned."

Now flash forward to just over a year ago. The men's national soccer team, attempting to qualify for the World Cup for the first time since 1986, tied a Jamaican squad 1-1 in Toronto. It wasn't their elimination, but it was certainly their undoing.

Once Canada was eliminated from qualifying, there was no swift action, no reports commissioned. A few commentators offered critical observations and questioned then-head coach Dale Mitchell's abilities. But even the inspired mob, with their torches lit, could not force the Canadian Soccer Association into action.

This laissez-faire attitude continues on the part of the CSA.

After Dale Mitchell's eventual dismissal, CSA technical director Stephen Hart was appointed interim head coach.

He's well-liked by the players, has shown an understanding of the tactics needed to win in CONCACAF and achieved results.

But a month after the decent Gold Cup run headed by Hart, the CSA hasn't bothered to remove the interim tag. And when I caught up with Hart on Friday, to ask him how players like Dwayne De Rosario and Adrian Serioux might factor into the national side in the years ahead, he didn't sound like a man counting on getting the job full-time.

"That's hard to say as I'm not the national coach — just an interim. Any coach coming in will wipe the slate clean," Hart said.

And he certainly didn't sound confident when I asked him about any upcoming friendlies.

"Any coach coming in is going to ask for a lot of international games on FIFA dates. They will want opposition against CONCACAF opponents so they can get used to that environment. They'll need quite a bit of games. But as I said, I'm just the interim head coach."

Hart admitted he has not had any formal discussions with the CSA about the full-time position. But I've since learned that the CSA board will meet next month — at which time they will discuss Stephen Hart's future.

For those in favour of removing the interim tag, it might be time to join the mob and re-light the torches.

Watch Ben Rycroft on the It's Called Football show every Sunday at metronews.ca; ben.rycroft@metronews.ca.

Ruiz, Snider help Blue Jays down Angels

MLB

Blue Jays 8 Angels 3

Randy Ruiz recorded a three-run double and Travis Snider finished with three hits, including a solo homer, as the Toronto Blue Jays claimed an 8-3 win over the Los Angeles Angels of Anaheim in the finale of a three-game set at Rogers Centre yesterday.

Marco Scutaro and Lyle Overbay each went 2-for-4 with an RBI and run scored apiece for Toronto, which took two of three in the series and won for only the second time in the last eight overall.

Ricky Romero (11-5) earned the win after working six effective innings.

The young lefty allowed two runs on eight hits, walked two and struck out a pair. He was 1-2 with a 7.91 earned run average in four previous starts coming in. METRO NEWS SERVICES

Moore wins Wyndham

GOLF Ryan Moore birdied the third extra hole to win a three-way playoff at the $5.1 million Wyndham Championship yesterday.

The former U.S. amateur champion clinched his first victory on the PGA Tour after carding a final round 65 at Sedgefield.

He tied fellow Americans Kevin Stadler (66) and Jason Bohn (62) at 16-under-par 264, one stroke ahead of Spain's Sergio Garcia. METRO NEWS SERVICES

Barrichello scores Grand Prix win

F1 Brazilian Rubens Barrichello ended five years of frustration yesterday with an emotional victory for championship leaders Brawn GP in the European Grand Prix.

Barrichello beat McLaren's world champion Lewis Hamilton by 2.3 seconds. METRO NEWS SERVICES

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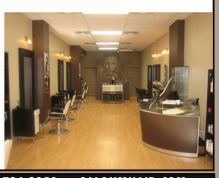

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ABU changes name to Crandall University

The Convention of Atlantic Baptist Churches approved the name change for Atlantic Baptist University to Crandall University recently. The main reason for the name change is to expand the school's mission by overcoming perceptual obstacles resulting from a denominationally specific name. METRO NEWS SERVICES

Workology

Drop in enrolment

According to a new report from the U.S.-based Council of Graduate Schools, admission of foreign students to American graduate schools fell by three per cent between 2008 and 2009. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

In thick of things

Storms or volcanoes, Kourounis is there

OddJobs

Diane Peters

metronews.ca/oddjobs

The Lowdown

Job title: Storm chaser
Salary: It's hard to make a living; he does thanks to the TV show and freelance work for news agencies
Education: You have to teach yourself about meteorology and storms
Best part of the job: "Living my dream and seeing nature put on the most incredible displays."
Worst part of the job: "Sitting on planes and the jet lag. Bad food and bad hotels."

When Hurricane Bill hit Atlantic Canada this weekend, most of us avoided the region and watched the rain, if at all possible, on TV.

Not George Kourounis. The 39-year-old Torontonian was in the eye of the storm.

As Canada's only storm chaser who's been able to make a living off the job, Kourounis tries to be at the centre of action for as many hurricanes, tornadoes and volcanic eruptions as he possibly can.

He grew up, however, with quite a different career path planned. A musician as a teen in Hull, Que., Kourounis came to Toronto to study audio engineering at Trebas Institute.

He did well as an engineer and eventually managed a large sound studio in downtown Toronto that did work for film and TV.

"It was very long hours and dealing with stressed-out clients," he recalls. Kourounis needed a way to chill. In 1998, he heard about a company taking people down to the US for two weeks of chasing tornados. "Well, this is pretty cool. I'm stressed out at work, I want to go and try this," he thought.

The trip got Kourounis totally hooked, so he set to learning everything he could — through books, the Internet and taking to experts — about storms.

He got extra time off work and spent his vacations trailing hurricanes and tornados. He began taking the entire month of May off every year: that's tornado season. He also began visiting erupting volcanoes.

"I got known as the guy who was always in the right place at the wrong time," says Kourounis, who became a pro at reading the sky and knowing just where a storm will hit. He took pictures and video footage of whatever he saw. Eventually, news organizations started calling and buying his stuff. In 2006, a TV production company called. With them, he developed the show Angry Planet and sold it to the Outdoor Life Network.

Thanks to this gig, he was able to quit his day job and chase storms professionally. He takes camera crews to dangerously hot caves, lakes of sulphur, lighting storms.

He also sometimes gets to see his wife, whom he married on the edge of an exploding volcano in the South Pacific. "She's very understanding. She knows it's my passion."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

COURTESY GEORGE KOUROUNIS

As Canada's only storm chaser who's been able to make a living off the job, George Kourounis tries to be at the centre of action for as many storms and volcanic eruptions as he possibly can.

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PHOTO COURTESY WORLD SERVICE CARGO

A meeting in progress at World Service Cargo, a "practice firm" that offers realistic simulated work environments for professionals.

Practice firm makes perfect

BRIAN COULTON
for Metro Canada

When employees at Toronto's World Service Cargo go to work, they sell products they never ship for funds that don't exist to earn a paycheque they can't spend.

"It's very real to the individual," said Christina Chu, the company's program and service manager. That's because the non-profit, government funded World Service Cargo is one of 41 Canadian "practice firms" — realistic simulated work environments that act as training grounds for emerging business professionals.

The concept, which originated in Germany, is practiced in Ontario, Québec, British Columbia and more than 40 countries worldwide, allowing employees to communicate and co-ordinate on a global scale with fellow faux-firms. Those enrolled are placed in a department befitting their qualification (provided they succeed in the real-world interview process), where they work full, 40-hour workweeks for upward of three months.

The format is ideal for new Canadians, said World Service Cargo marketing co-ordinator and program graduate Rahul Bhide, whose experience and past corporate culture is often rooted in the county from which they emigrated. "It gives you a chance to make sure your skills are current, to work in the Canadian work environment and actively look for a job."

Chu said roughly a quarter of time on-the-job is spent seeking jobs, which Bhide said allows employees to learn from others' job-hunting experiences. But there's also hunting on the side of the firm itself, said operations manager Waleed A. Maguid, which takes shape in studying the job market to see what skills will make labourers most job-ready.

"If a company requires people to be ready with certain skills we don't have, we implement them into our program," said Maguid, "This will benefit companies hiring in the future, rather than them spending two or three months investing money and training (employees) in their systems."

It's that kind of pre-emptive orientation Annie Grenier, the Quebec-based general manager of the Canadian Practice Firm Network grouping of organizations, said will aid employees avoid hiccups once hired by actual companies.

"If you make a mistake while doing the paycheques for 100 people, in the real world it would be quite a problem. In a practice firm, it's just virtual money," she said. "We want to create an environment that's as realistic as possible, but where there's also time to make errors, reflect on them and learn from them."

Find them online

- **World Service Cargo:** http://www.worldservice-cargo.com
- **Canadian Practice Firm Network:** http://www.rcee-cpfn.ca/

Workology in brief

JOB MARKET A new report by CIBC World Markets indicates that the U.S. job market is much weaker than Canada's. The report also states that Canadian workers are finding new jobs more quickly than expected following the recession. HEATHER BUCHAN/ FOR METRO CANADA

No baby for Paquin

Despite speculation, Anna Paquin is "not pregnant," her rep says. Blogs have been guessing the True Blood actress is expecting after she was spotted wearing a baggy dress in Beverly Hills on Wednesday. USMAGAZINE.COM

Entertainment

Milla marries

Actress Milla Jovovich married director Paul W.S. Anderson in an intimate outdoor ceremony at their home in Beverly Hills on Saturday. The bride, 33, wore a '60s-style mini dress she designed herself. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

O'Riordan carries No Baggage

Ex-Cranberries singer says reunion still a possibility

MAUREEN LITTLEJOHN
for Metro Canada

Dolores O'Riordan, the former singer of The Cranberries with the soaring, staccato voice, has released her second solo album since leaving the Irish supergroup in 2003.

No Baggage, written and co-produced by O'Riordan and Toronto-based Dan Brodbeck, is about the passage of her life, a topsy-turvy trip that she is only starting to come to terms with now.

"The title is tongue-in-cheek. You could say I used the CD to shed my baggage. But, really all those experiences and feelings are what makes us who we are," she says over the phone from her home in Ontario's cottage country. She and her family spend half the year living in "the forest" and the other half is in Dublin.

Shooting to stratospheric fame when she was 19 with the band's first album Linger, O'Riordan toured the world and sold more than 40 million albums. At 23 she married Don Burton, the Canadian tour manager for Duran Duran. The pace and pressure was tremendous, and O'Riordan's health suffered. After 13 years and five albums, she decided she'd had enough. She and Burton settled into domestic life with their children, Taylor, 11, Molly, 8, Dakota, 4 and Donny, Burton's 17-year-old son from a previous relationship.

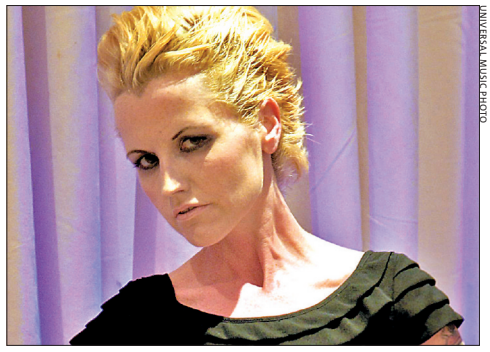
"I couldn't stay away from the piano," the 37-year-old musician admits. Her first solo album, Are You Listening? was released in 2007 and a tour followed. "It was such a change after being at home for four years. I felt like two different people," she says.

On the cover of No Baggage, a white-clad O'Riordan perches on a stool in the middle of a frozen lake. The picture was taken on a whim in front of O'Riordan's Kawarthas-area house. "It was minus 28, a friend took that shot. We didn't alter it all," she says.

New music

• Dolores O'Riordan's new album No Baggage is out tomorrow.

The album's reflective lead single, The Journey, speaks of abandoning fears and grasping the moment. On Fly Through, an older, wiser O'Riordan looks back on her younger self and asks if she has found what she was searching for. "I think we're always searching for something that we won't feel until we finally leave the planet. That's inner peace," she says.



UNIVERSAL MUSIC PHOTO

Dolores O'Riordan is about to release her second solo album since splitting with the Cranberries.

When she was named Honourary Patron of Trinity College's Philosophical Society earlier this year, O'Riordan played a few songs with her old bandmates. "It felt so natural," she says. Are there plans for a Cranberry reunion? "Oh, I will definitely play with them again," says O'Riordan.

In the meantime, she's going at her own pace and travelling light.

Weekend box office

1. **Inglourious Basterds:** $37.6 million US
2. **District 9:** $18.9 million
3. **G.I. Joe: The Rise of Cobra:** $12.5 million
4. **The Time Traveler's Wife:** $10 million
5. **Julie & Julia** $9 million
6. **Shorts:** $6.6 million
7. **G-Force:** $4.2 million
8. **Harry Potter:** $3.5 million
9. **The Ugly Truth:** $2.9 million
10. **Post Grad:** $2.8 million

REUTERS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

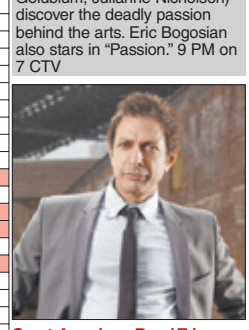
For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

primetime

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/24/09	265	353	2	TVO	Time Team		Diamond Road		Midsomer Murders		Auschwitz:Nazi-Final Solution		Diamond Road
	211	331	3	GTV	ET Canada	Entertainment	House (HDTV PA)		Lie to Me "Undercover"		Brothers & Sisters (N)		News
	-	-	5	SRC	Des squelettes	La Petite vie	Les Galas 2008 du Festival		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Ontario
	209	342	6	CHRO	The Road to Avonlea		Gossip Girl (HDTV)		Two/Half Men	Gary Unmarr	Stargate Atlantis (DVS)		Comedy Now
	196	311	7	CTV	Hollywood	etalk	Law & Order "Bailout"		Law & Order: Criminal Intent		CSI: Miami (HDTV)		News
	208	303	8	CBC	Coronation St.	Jeopardy!	Little Mosque	Sophie (HDTV)	Comedy Fest.	Comedy Fest	CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy!	Great American Road Trip (N)		Law & Order: Criminal Intent		Dateline NBC		News
	117	713	10	TVA	Les Gags	Sketch Show	Le Petit Monde	Km/h (SC)	Monk "Monk en cavale" (SC)		TVA 22 heures	Sucré-salé	*Vengeance*
	-	-	11	QS	C't'une joke	C't'une joke	CSI: NY (SC)		Private Practice (SC)		Le Sport	À comm	Call TV
	137	763	12	TFO	Panorama été	Météo	Rebut global	Villages	*Regarde les hommes tomber* (1994, Drame policier)				Météo
	-	362	13	CBS	Dr. Phil (HDTV)		How I Met	How I Met	Two/Half Men	Big Bang Th	CSI: Miami (HDTV)		Two/Half Men
	216	395	14	OMN2	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Search-Buddha
	214	344	15	CITY	Law & Order: SVU		Dating in the Dark		Dating in the Dark (N)		(10:01) Murdoch Mysteries		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere Il	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	How I Met	How I Met	The Soup	Greatest Myst.	Final 24		News/Eleven
	-	361	20	ABC	Action News	Entertainment	Dating in the Dark		Dating in the Dark (N)		(10:01) Castle (HDTV)		News
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		Comités du Sénat				Heure polit.
	651	355	25	CTS	Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	FOX Fall Prev.	House (HDTV PA)		Lie to Me "Undercover"		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Wings-Canada	Antiques Roadshow		History Detectives (N)		American Masters		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	Law & Order "Bailout"		Law & Order: Criminal Intent		CSI: Miami (HDTV)		News
news	502	390	26	NW	CBC News	Our World	The Hour		CBC News: The National		Inside the Meltdown		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Darts World Premier League.				UFC 102: Countdown		Sportsnet Connected		Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	MLB Baseball Tampa Bay Rays at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
	411	457	56	OLN	Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters		Bounty Hunter
	417	406	59	SC	Pimp My Ride	Pass Time	This Week in NASCAR (N)		SuperCars	SuperCars	Barrett-Jackson		Car Crazy
family	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	Punch	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards of Waverly Place (N)		Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	The Next Star 2		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	The Next Star 2		Mystery Hnt.
	570	580	29	MM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	Wild 'n Out	Brooke Knows	The Daily Fix
	615	520	31	A&E	CSI: Miami "Payback"		Intervention "Casie"		Intervention "Gloria" (N)		Hoarders (HDTV) (N)		Paranormal
	628	584	32	SPKE	(5:48) *Star Wars: Episode I -- The Phantom Menace* (1999)				(8:54) *Star Wars: Episode I -- The Phantom Menace* (1999, Science Fiction)				
	521	560	34	TLC	Masters of Reception		Jon & Kate	Jon & Kate	Jon & Kate Plus 8		Cake Boss	Cake Boss	Jon & Kate
	145	761	35	TV5	Secrets d'histoire			La Cuisine au féminin				Maritime	Journal TV5
	616	521	39	SHO	The Outer Limits		Cashing In	Kink in Hair	*Lost in the Dark* (2007, Suspense) Mae Whitman.				House
	620	523	40	BVO	Wireframe		Shumka's Cinderella		Romantic Portrait Yundi Li		Mozart Decoded		Law & Order
	520	505	42	DIS	Daily Planet		MythBusters		Dirty Jobs (N)		Heli-Loggers		Daily Planet
	575	583	43	CMT	Dedicated "Josie Dye"		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Greatest
	601	562	45	SLC	Skin Deep	Til Debt-Part	Newlywed	Nearly Dead	Nearly Dead	Newlywed	In Laws	In Laws	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	22 Minutes	Comedy Now	The Simpsons	South Park	Dane Cook Vicious Circle		
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	*Mississippi Burning* ★★★ (1988, Drama) Gene Hackman, Willem Dafoe.				
	600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Locusts: The 8th Plague* (2005, Science Fiction)				Stargate SG-1
	581	566	53	MTV	MTV Cribs	After	MTV News	Cribs	16 and Pregnant		16 and Pregnant		MTV Live
	618	524	54	TROP	Once a Thief		Carlawood	Prod. Parker	Ground Up		Prod. Parker	Prod. Parker	Prod. Parker
	522	506	55	HIS	NCIS "In the Zone"		Tank Overhaul		Victory 1945 (Part 2 of 2)		NCIS "In the Zone"		Sea Hunters
	129	773	60	CD	Biographies "Claude Legault"		Les Grands travaux (HDTV)		Science du sport (HDTV)		Preuves à l'appui		Mayday
	261	394	61	V	Murder, She Wrote		Green Grass	Summer Wine	Past Life Investigation		Mystic Women		Poltergeist
	602	567	62	W	Style by Jury	Friends	How Clean	Kim	Love It or List It		*Circle of Friends* (2006, Suspense) Julie Benz.		
	269	350	70	APTN	Notre Peuple		Tam	Pachamama	*Aventures dans le Grand Nord* ★★ (1994, Aventures)				Tshinanu
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Canada's Next Top Model		Tonight Show-Conan O'Brien		TMZ
	603	561	95	FN	Chef at Home	Chuck-Day Off	Food Jammers	Glutton-Punish.	Food Detective	Get on Plate	At the Table	At the Table	Restaurant

critics'corner

Law & Order: Criminal Intent
When funding for his poetry journal is threatened to be cut egocentric poet Jacob Garrity (guest star Will Chase) asks his lover to try to change the mind of the foundation's president (guest star Sheldon Kunkle), but when the lover winds up dead, Nichols and Wheeler (Jeff Goldblum, Julianne Nicholson) discover the deadly passion behind the arts. Eric Bogosian also stars in "Passion." 9 PM on 7 CTV



Great American Road Trip
Tempers fly during the last leg of the lengthy journey as the two last families make their way down the storied Route 66 on their way to the California coast, where only one clan will overcome the stress of the situation and claim the grand prize. 8 PM on 9 NBC

The Big Bang Theory
Wolowitz (Simon Helberg) is convinced that he has found the love of his life, but things take a turn for the worse when Leonard (Johnny Galecki) inadvertently steals the attention of the new lady (guest star Sara Rue). Jim Parsons, Kaley Cuoco, Kunal Nayyar and Sara Gilbert also star in "The Lizard-Spock Expansion." 9:31 PM on 13 CBS

Happy birthday to Brody

Talk about a birthday present. Hills star Brody Jenner spent his 26th birthday in Los Angeles' Cedars-Sinai Medical Center having his appendix removed, a source tells usmagazine.com. METRO NEWS SERVICES

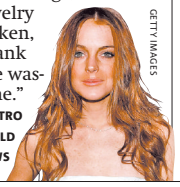
Celebrity Buzz

Lindsay's L.A. home burgled

CLOSE CALL Lindsay Lohan arrived at her Hollywood Hills home early Sunday to find her house had apparently been robbed, her mother, Dina Lohan, confirms to People magazine.

"The safe was ripped out of the wall, and the door was off the hinges and door handles removed," Dina said. "Bags, shoes and jewelry were taken, too. Thank God she wasn't home."

METRO WORLD NEWS



GETTY IMAGES

Khloe and co-host 'just friends'

DOWNPLAYING RUMOURS Khloe Kardashian's radio co-host on E!'s Kourtney and Khloe Take Miami claims he doesn't even remember the steamy kiss he shared with the reality star, people.com reports.

"We are just friends," Terrence J told People. "Neither one of us remembers the kiss."

It's a forgotten moment for the host of BET's highly-rated music video show 106 & Park and co-host of Khloe After Dark, who says he's in a relationship and he is "very much in love."

Talking it over with Kardashian he said, "We were trying to remember who kissed whom first and we have both agreed to agree that it was just a long night where we both had some drinks and shared a good time."

On Kardashian's sister Kourtney's baby news Terrence J noted: "The shows depict her and Scott (Disick) always having conflict but what you don't see is that he is always cuddling Kourtney. Scott really loves her. I didn't know she was pregnant when we were filming. I am really excited for both of them. I am also excited to buy them baby clothes."

METRO NEWS SERVICES

LeAnn involved in hit-and-run?

BRUSH WITH THE LAW LAPD officers questioned LeAnn Rimes Thursday night about a misdemeanour hit and run, a police spokeswoman confirms to usmagazine.com.

The accident happened "between 7:30 and 7:45 p.m. in the West Los Angeles area," said Officer Norma Eisenman, who confirmed a report by the Los Angeles Times that Rimes was questioned at her home.

No other details — including if anyone was injured — are available. "It's an ongoing investigation," she added.

A rep for Rimes tells Us: "There was a routine police investigation into this incident, and a police report was filed. We are confident that this matter will be resolved shortly and LeAnn will be cleared."

Earlier that afternoon, Rimes debuted her relationship with Eddie Cibrian, with whom she's been having an affair, usmagazine.com reports. The couple went golfing in Valencia, Calif.

METRO NEWS SERVICES

No mat wear for model Heidi

PREGNANT AND VAIN Heidi Klum won't wear maternity clothes, female-first.co.uk reports.

The supermodel — who is seven months pregnant with her fourth child — says her role as host of Project Runway means she always has to look fashionable so she opts to buy larger sizes of her favourite designer collections to cover her expanding tummy.

"My stylist tries to find things that are not maternity clothes, so I've been wearing a lot from The Row, by Mary-Kate and Ashley Olsen. I love their clothes. Marc Jacobs too," she said. "You just buy things in a size 10 — when you're doing a show on fashion, you still have to bring it on."

Klum's fellow Victoria's Secret model Adriana Lima is also pregnant, as are the company's former faces Gisele Bündchen and Karolina Kurkova. Klum revealed her friends have been asking her for advice on motherhood.

"It's so funny! We must have been with each other for so long now that our cycles and egg-dropping must have happened at the same time," she said. "Adriana has asked me a few things about nannies and how the birth is. It's hard to explain and you just have to kind of figure it out."

METRO NEWS SERVICES

Miley a-Twitter about co-star

NEW FLING? It looks like co-stars Miley Cyrus and Liam Hemsworth are more than just friends, people.com reports.

Last Wednesday, as Cyrus bid the actor goodbye at the Nashville airport, the two kissed — and were "full-on making out," said Alex Emanuel, an actor who was a few feet away from the couple and witnessed Cyrus, 16, act "as giddy as a schoolgirl."

As Hemsworth headed for the terminal doors, "she jumped into his arms and threw her arms around his neck and kissed him and leaned back and he was dipping her," said Emanuel. "It was like a scene out of an old movie where the guy's getting on a train and they're saying their goodbyes."

The two actors recently wrapped the film The Last Song in Tybee, Ga., and attended the film's wrap party together on Aug. 16.

Cyrus maintained her her single status, tweeting "I do not have a boyfriend."

But she's apparently been spending time with Hemsworth: "@mommytish and @auntedi and I are introducing the aussie to (restaurant) cracker barrel!!! Yummyyy :)" and watching TV together: "I kinda want to go see The Time Traveler's Wife but I think I'll just sit around and eat sushi and watch Liar Liar with Liam."

METRO NEWS SERVICES

Megan tries hand at comedy on SNL

NOT JUST A PRETTY FACE Transformer star Megan Fox will host the season-opening episode of Saturday Night Live Sept. 26, sources tell Life & Style.

"This is the perfect opportunity for her to show off her comedic skills," a source said.

METRO NEWS SERVICES

GaGa for Brit boy bands

IN HER DREAMS Pop singer Lady GaGa has a very specific sexual fantasy, and it involves aging British boy band Take That.

"They're very sexy. I'm a single girl now and I love to have a good time," GaGa said, according to Showbiz Spy. "I'd like all four at once," she admitted, leaving out original member Robbie Williams, who's sat out all reunion attempts.

As for looking for love, GaGa admits she's looking to keep it simple. "I'm not looking for anyone. I just sleep with the guys in my band all the time because it's easier."

METRO WORLD NEWS

Adam's fans behaving badly in concert

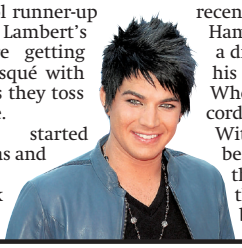
CROSSING THE LINE American Idol runner-up Adam Lambert's fans are getting more risqué with the gifts they toss on stage.

What started with bras and glow-in-the-dark handcuffs reached a new level recently when a fan in Hamilton, Ont., threw a dildo onstage during his performance of Whole Lotta Love, according to Showbiz Spy.

Without missing a beat, Lambert kicked the sex toy back into the audience. Lambert previously told Entertainment Weekly that he doesn't mind the attention: "It's really getting creative. It's exciting. I think they really want me to play with these toys during the number."

But he admits he's been trying to ignore the gifts because he "didn't want to condone the behaviour."

METRO NEWS SERVICES



The Weather Network 20 YEARS
©The Weather Network 2009

Today Partly cloudy 24° / 17°
Tuesday Partly cloudy 25° / 15°
Wednesday Showers 40% 24° / 10°

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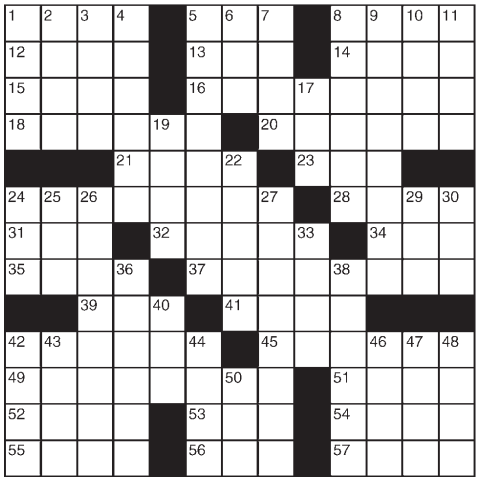
Take Five



ACROSS

1 Relinquish
5 High tennis shot
8 Prickly heat symptom
12 Mimicry specialist
13 Rage
14 Pop flavour
15 Caboose's place
16 Erupt
18 Change the title
20 Groups of lions
21 Body powder
23 Slithery fish
24 Escape
28 Clarinet insert
31 Family
32 Blackbird type
34 Rowing need
35 Young Frankenstein role
37 Put your two cents in
39 — League
41 Use a teaspoon
42 — Sea, arm of the Mediterranean
45 Citrus fruit
49 Panic
51 Eccentric
52 Lower extremities
53 College transcript no.
54 Shrek is one
55 Bygone times
56 Bando of baseball
57 Troubles

DOWN

1 Singer Vikki
2 Duel tool
3 University bigwig
4 Mistakes in print
5 Defamatory
6 Bobby of hockey
7 Road Runner's sound
8 More gross
9 "Bye"
10 Hint
11 Chapeaus
17 Exist
19 Shark variety
22 Points
24 Go slaloming
25 Diary writer Anais
26 Train driver
27 Shun liquor
29 Water, in Paris
30 The 5,000 Fingers of —
33 Den
36 Fly a plane
38 City in Poland
40 Tibetan critter
42 Doubtful
43 Sandwich cookie
44 Eggy drinks
46 "Forget it," at NASA
47 Bullfight injury
48 — out (supplements)
50 — Lazy River

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

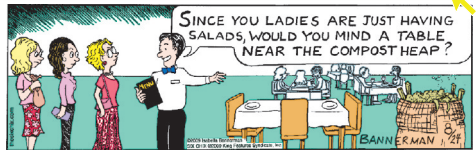
4		2				9		1
	5		4		6		2	
1			2		9			6
		7	3		8	4		
		6	7		1	8		
3			8		4			7
	1		6		3		5	
6		5				3		4

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

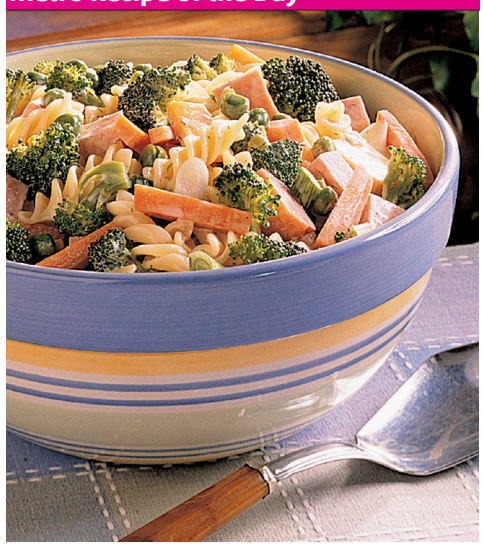
1	6	4	2	9	8	7	5	3
8	9	5	3	4	7	2	1	6
7	3	2	6	1	5	9	8	4
5	8	3	1	7	6	4	2	9
2	1	9	4	8	3	6	7	5
6	4	7	5	2	9	8	3	1
4	5	6	7	3	2	1	9	8
9	7	1	8	5	4	3	6	2
3	2	8	9	6	1	5	4	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Vegetable Pasta Salad

INGREDIENTS:

2 cups (500 ml) broccoli florets
4 cups (1 l) cooked spiral pasta
2 medium carrots, julienned
1/2 cup (125 ml) frozen peas, thawed
1/2 cup (125 ml) cubed fully cooked ham
1/2 cup (125 ml) cubed cheddar cheese
1/3 cup sliced green onions

DRESSING:

3/4 cup (175 ml) mayonnaise
2 tbsp (25 ml) cider vinegar
1 tbsp (15 ml) Dijon mustard
1 garlic clove, minced
1 tsp (5 ml) dill weed
1/4 tsp (1 ml) pepper

METHOD:

1. Place 1 in. (2.5 cm) water in small pot; add broccoli. Bring to boil. Reduce heat; cover and simmer 2-3 minutes. Rinse in cold water and drain.
2. In large bowl, combine broccoli, pasta, carrots, peas, ham, cheese and onions. In another bowl, combine dressing ingredients. Pour over salad and toss to coat. Cover and refrigerate at least 1 hour.

SERVES 10

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients** in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If you have faith in who you are and what you do there's almost nothing you cannot accomplish this week. You're an Aries — you were born to succeed.

TAURUS ♉
APRIL 21-MAY 21
You should be full of life and raring to go this week, and if that does not describe you perfectly, don't worry, it will do very soon.

GEMINI ♊
MAY 22-JUNE 21
The most important thing today is that you don't jump to conclusions, because there is a real possibility you could be wrong.

CANCER ♋
JUNE 22-JULY 22
If you start the day in a mad rush to get things done chances are you will end the day even further behind than when you started.

LEO ♌
JULY 23-AUG 23
Some things are flexible, some are fixed, and you need to be able to tell them apart. That may not be easy this week, so keep your eyes and ears open.

VIRGO ♍
AUG 24-SEPT 22
Keep your thoughts and ideas simple today: If you complicate things you'll likely regret it later. Also, refuse to get involved in someone's personal issues.

LIBRA ♎
SEPT 23-OCT 23
The whole world may be against you, but if that little voice inside your head says you are doing the right thing then just keep on doing it.

SCORPIO ♏
OCT 24-NOV 22
The cosmic setup brings friendship to the fore and makes you want to visit places you've never been. Put them together and take a vacation with friends.

SAGITTARIUS ♐
NOV 23-DEC 21
If something isn't working out the way you planned then you must face up to that fact and take remedial action. There is still time to turn things around.

CAPRICORN ♑
DEC 22-JAN 20
You desperately need a change of scene and with the sun now transiting the most adventurous area of your chart there are no excuses for staying put.

AQUARIUS ♒
JAN 21-FEB 18
Believe it or not your life is getting better by the day, the hour, even the minute, and what happens between now and the end of the week will prove it.

PISCES ♓
FEB 19-MARCH 20
There's a chance you'll take what someone tells you completely the wrong way, and the results could be embarrassing — so don't overreact.

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WORDY GURDY®

BY TRICKY RICKY KANE

1. Pallid "Daily Show" host Stewart (1)
2. Wonderland tart thief donated (1)
3. TV Dr. McGraw's biking mishaps (1)
4. Forcibly grab pests on dogs (1)
5. More frigid big rock (2)
6. Pony-riding Yankee's macaroni (2)
7. Most physically powerful for the most time (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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ANSWERS
1. VAN JON 2. KNAVE GAVE 3. PHILS SPILLS 4. SEIZE FLEAS
5. COLDER BOULDER 6. DOODLES NOODLES 7. STRONGEST LONGEST

8-24-09

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